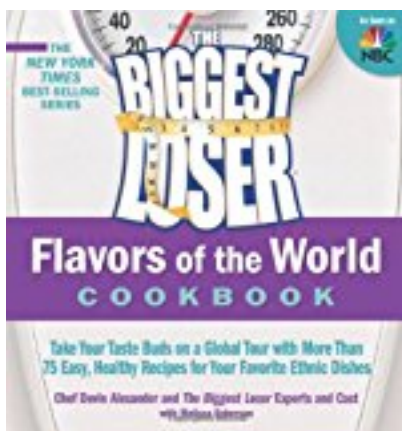


The Biggest Loser Flavors of the World Cookbook Take your taste buds on a global tour with more than 75 easy healthy recipes for your favorite ethnic dishes



BOOK DETAILS

- Author : The Biggest Loser Experts and Cast
- Pages : 240 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 1609611489

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BOOK SYNOPSIS

Pizza. Huevos Rancheros. Pad Thai. Enchiladas. Some of Americas most-craved foods arent "American" in the traditional sense--theyre the international foods we love to order at restaurants or have delivered to our homes. But most renditions of these beloved ethnic dishes are full of fat and calories. How can you get the flavor they crave, without buying one of those reduced-calorie frozen meals that are full of salt and other preservatives? Now, with *The Biggest Loser Flavors of the World Cookbook*, you can have your lasagna and eat it too! With more than 75 recipes for favorite ethnic staples as well as legendary regional American cuisine created by Chef Devin Alexander and *The Biggest Loser* contestants, healthy eating has never been more exciting. Discover how former contestants reinvented favorite dishes from their own cultures and regions to fit into their healthy new lifestyle, and learn how to cut the calories and fat from Americas most-loved ethnic foods. And Chef Devin Alexanders reliably decadent creations save both money and calories, as any of these dishes can be made at home for a fraction of the cost of a restaurant or take-out meal! The book includes recipes for meals, snacks, dinners, and desserts, and will cover a wide range of cuisines, from the down-home Southern classics to delicious Asian dishes, Mexican favorites, hearty Italian meals, and many others. It also includes cooking tips from Chef Devin, weight-loss advice from the contestants and trainers, and an overview of the *The Biggest Loser* food plan. *The Biggest Loser Flavors of the World Cookbook* will show readers how to expand their culinary horizons--without expanding their waistlines!

THE BIGGEST LOSER FLAVORS OF THE WORLD COOKBOOK TAKE YOUR TASTE BUDS ON A GLOBAL TOUR WITH MORE THAN 75 EASY HEALTHY RECIPES FOR YOUR FAVORITE ETHNIC DISHES - Are you looking for Ebook *The Biggest Loser Flavors Of The World Cookbook Take Your Taste Buds On A Global Tour With More Than 75 Easy Healthy Recipes For Your Favorite Ethnic Dishes*? You will be glad to know that right now *The Biggest Loser Flavors Of The World Cookbook Take Your Taste Buds On A Global Tour With More Than 75 Easy Healthy Recipes For Your Favorite Ethnic Dishes* is available on our online library. With our online resources, you can find *Applied Numerical Methods With Matlab Solution Manual 3rd Edition* or just about any type of ebooks, for any type of product.

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